

# The Anti-Procrastination Sheet \*

<b>Task</b> Break the task into little steps. Number each step.	<b>Predicted Difficulty</b> (0% to 100%)	<b>Predicted Satisfaction</b> (0% to 100%)	<b>Actual Difficulty</b> (0% to 100%)	<b>Actual Satisfaction</b> (0% to 100%)

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